Abstract

The present invention relates to a method and an apparatus for vibration damping in a machine tool comprising at least one hydrostatic guide 8 including at least one pocket 1 for supporting a first component 9 on a second component 10, through which an oil flow is passed with a predetermined volume flow and at a predetermined pressure and exits through at least one gap 3, characterized in that the oil flow through the gap 3 is regulated in response to the loads arising so as to achieve a constant width of the gap 3.